

Appendix E

MWR EQUIPMENT

This appendix provides an example of a fabricated unit MWR prepack (Figure E-1), a Bn/Bde MWR kit load plan (Figure E-2), and the following examples of health and comfort packs (HCP). For additional information see Chapter 7.

**HCP FORUM MULTI-SERVICE APPROVED
HCP TYPE II - FEMALE SUPPLEMENT
10 FEMALES FOR 30 DAYS
INTERIM CONTENT LIST
Adjusted for Army**

#	Item Name	Unit of Issue	#Per HCP Box
1.	NAPKINS, SANITARY, STRIPS, REGULAR ABSORBENCY, 24-30 PER PKG	EACH	48
2.	NAPKIN, SANITARY, SELF ADHESIVE STRIPS, SUPER ABSORBENCY, INDIVIDUALLY WRAPPED, 24-30 PER PKG	EACH	72
3.	TAMPONS, REGULAR ABSORBENCY, INDIVIDUALLY WRAPPED, 10-16 PER PKG	EACH	60
4.	TAMPONS SUPER ABSORBENCY INDIVIDUALLY WRAPPED, 10-16 PER PKG	EACH	84
5.	TOWELETTE, MOIST INDIVIDUAL, INSINUATED	EACH	200
6.	SELF SEAL 1 GAL. PLASTIC BAG	EACH	20

TYPE II cont.

#	Item Name	Unit of Issue	#Per HCP Box
7.	DISPOSAL BAG/POUCH, PLASTIC, LINED, OPAQUE APPROX 5"X5"	EACH	200
8.	PANTY SHIELDS, INDIVIDUALLY WRAPPED, WITH BAKING SODA, 10-24 PER PKG	EACH	125
9.	PANTY SHIELDS, WITHOUT BAKING SODA, INDIVIDUALLY WRAPPED, 10-24 PER PKG	EACH	125
10.	IBUPROFEN, 8-10 PER CONTAINER	EACH	100
11.	ACETAMINOPHEN, 8-10 PER CONTAINER	EACH	100
12.	OPAQUE PLASTIC BAGS APPROX 10-15 GAL CAPACITY	EACH	10
13.	PONYTAIL HOLDERS 2-3 PER PKG, BLACK OR DARK BROWN ONLY	PKG	1
14.	BRUSH, HARD BRISTLE, SUBDUED COLOR, FLARE STYLE	EACH	1
15.	COMB W/BROAD RAKE DOUBLE PLASTIC OR RUBBER	EACH	1
16.	BOBBY PINS BLK OR DARK BROWN, RUST RESISTANT, MIN OF 50 PKG	PKG	1

TYPE II cont.

#	Item Name	Unit of Issue	#Per HCP Box
17.	INSTRUCTIONS ON USE OF FEMALE SUPPLEMENT PACK	EACH	10

**HCP FORUM MULTI-SERVICE APPROVED
TYPE I - ALL SERVICE MEMBERS
INTERIM CONTENT LIST
Adjusted for Army**

#	Item Name	Unit of Issue	30-Day Ind Pouch 10 Ea	Min # Per 10-Ind HCP Box
1.	CHAPSTICK/LIP BALM.15 OZ	EACH		4
2.	COMB 5-6 INCHES, FLEX RUBBER OR PLASTIC	EACH		1
3.	TOWELETTE, MOIST, WATER BASED, UNSCENTED, IND PACK	EACH	20	700
4.	SUNSCREEN, LOTION, MIN SPF 20 (3-6 OZ) WATERPROOF, NON-STICKY FORMULA	EACH		5
5.	FOOT POWDER, NOT LESS THAN 2.5 OZ CONTAINER, ANTI-FUNGAL NON-AEROSOL	EACH	1	1
6.	SUNGLASSES, DARK, NON FLUORESCENT FRAME, NON-REFLECTIVE LENS AND MIN UV RATING 400			2

TYPE I cont.

#	Item Name	Unit of Issue	30-Day Ind Pouch 10 Ea	Min # Per 10-Ind HCP Box
7.	EYE DROPS, (1/2 OZ ARTIFICIAL TEAR OF OCULAR LUBRICANT SUCH AS BAUSCH & LOMB, VASO CONSTRUCTOR SUCH AS VISINE NOT PERMITTED.	EACH		2
8.	HAND LOTION VASELINE INTENSIVE CARE OR EQUAL 3-6 OZ PLASTIC CONTAINER	EACH	1	
9.	TISSUES PERSONAL PKG SIZE 30 PER PKG		2	
10.	PAPER TOILET ROLL, 250 TWO PLY SHEETS/ROLL	EACH	2	
11.	SHAVE CREAM/GEL	EACH	1	
12.	SHAVE POWDER 4.5 OZ	EACH		1
13.	RAZOR, DISPOSABLE 5-10/PKG	EACH	10	
14.	STYPTIC PENCIL	EACH		1
15.	SOAP, BAR BATH 3.5 OZ UNSCENTED, DEODORANT TYPE	EACH	2	
16.	SHAMPOO CONCENTRATE	EACH		4

TYPE I cont.

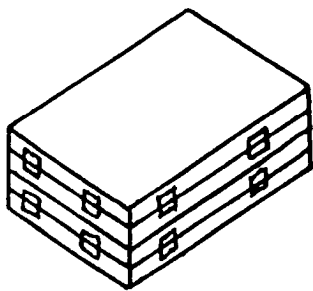
#	Item Name	Unit of Issue	30-Day Ind Pouch 10 Ea	Min # Per 10-Ind HCP Box
17.	SHAMPOO WATERLESS 1.5-2.5 OZ	EACH		1
18.	DEODORANT NON-AEROSOL STICK ONLY, MIN 1.5 OZ	EACH	1	
19.	FLOSS, DENTAL, WAXED W/DISPENSER MIN OF 15 YD PER DISPENSER	EACH	1	
20.	TOOTHBRUSH W/CONTAINER	EACH		4
21.	TOOTHPASTE, ANTITAR-TAR W/ FLUORIDE 4.6 OZ	EACH	1	
22.	POLISH BLACK PASTE 3	EACH	1	
23.	BOOT LACES 60" BLACK	PAIR		2
24.	SEWING KIT			1
25.	DETERGENT, LAUNDRY, POWDER SINGLE LOAD BOX/POUCH (6.5 OZ)	EACH	1	
26.	PEN, BALLPOINT, BLACK/BLUE INK	EACH	1	
27.	TABLET, WRITING 5X7 OR 6X9 - MIN 100 SHT	EACH		5

TYPE I cont.

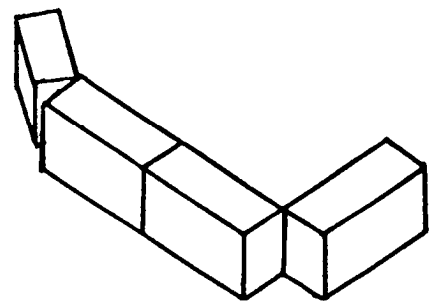
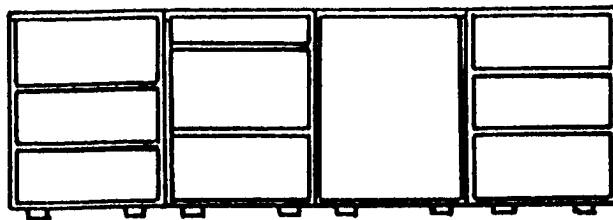
#	Item Name	Unit of Issue	30-Day Ind Pouch 10 Ea	Min # Per 10-Ind HCP Box
28.	ENVELOPE, LETTER SIZE 50/BOX	BOX		3
29.	BATTERIES AA 2/PKG	PKG		5
30.	FINGERNAIL CLIPPERS 2.5-3 INCHES LONG	EACH		1
31.	PETROLEUM JELLY 0.25 - 0.50 OZ TUBE	EACH		1
32.	TWEEZERS FLAT TIP	EACH		1
33.	BRUSH HAIR, GROOMING STIFF BRISTLE, SUBDUED COLOR	EACH		1
34.	BANDS AIDS, VARIETY PACK PLAIN (NOT DECORATED)	PKG		1
35.	INSECT REPELLANT UNSCENTED 3 OZ FOR TICK, CHIGGERS, MOSQUITOS ACTIVE INGREDIENT N, N-DIETHL- M-TOLUAMIDE 30% MIN	EACH		1
36.	SELF SEAL 1 GAL PLASTIC BAG	EACH		1

TYPE I cont.

#	Item Name	Unit of Issue	30-Day Ind Pouch 10 Ea	Min # Per 10-Ind HCP Box
37.	IBUPROFEN OR ACETAMINOPHEN 50/PER 500 MG	PKG		
38.	SHOE BRUSH	EACH		1
39.	SHOE POLISH BRUSH	EACH		1
40.	MIRROR, STAINLESS W/PROTECTIVE RIM AND STAND, SHATTER RESISTANT, APPROX 4" - 6" DIA	EACH		1
41.	ELECTRIC SHAVE LOTION PLASTIC CONTAINER	EACH		1
42.	HAIR CONDITIONER/DRESSING, 2 OZ JAR ULTRASHEEN OR EQUAL	EACH		2



**RECOMMENDED
FABRICATED UNIT
MWR PREPACK**



Under 100 Soldiers

SPORTS

Football (2 EA)
Volleyball (2 EA)
Volleyball net
w/portable stands

Horseshoe set
Soccerball (2 EA)
Badminton set
Handheld air
inflator w/air
needles
Frisbee (3 EA)

100-200 Soldiers

SPORTS

Football (3 EA)
Volleyball (2 EA)
Volleyball net
w/portable stands

Horseshoe set (2 EA)
Soccerball (2 EA)
Badminton set
Handheld air
inflator w/air
needles
Frisbee (4 EA)
Mask, catchers
(1 EA)
Gloves, softball
(10 EA, RH)
(3 EA, LH)
Softballs (1 doz)
28"-33" Softball bats
(6 EA)
Throw down softball
base set (2 EA)

Over 200 Soldiers

SPORTS

Football (5 EA)
Volleyball (5 EA)
Volleyball net
w/portable stands
(2 EA)

Horseshoe set (4 EA)
Soccerball (3 EA)
Badminton set (2 EA)
Handheld air
inflator w/air
needles

Frisbee (8 EA)
Mask, catchers
(2 EA)
Gloves, softball
(10 EA, RH)
(3 EA, LH)
Softballs (2 doz)
28"-33" Softball bats
(1 doz)
Throw down softball
base set (2 EA)
Portable basketball
goals w/nets (2 EA)
Basketballs (4 EA)

SMALL GAMES

Cribbage board
w/pegs
Dice, box
Backgammon set
Playing cards
regular (1 doz)
pinochle (1 doz)
Scrabble (1 set)
Monopoly (1 set)
Chess Checker
travel set (1 set)
Dominoes (1 set)
Game chips (1 box)

SMALL GAMES

Cribbage board
w/pegs (2 EA)
Dice, box
Backgammon set
Playing cards
regular (2 doz)
pinochle (2 doz)
Scrabble (2 sets)
Monopoly (2 sets)
Chess Checker
travel set (2 sets)
Dominoes (2 sets)
Game chips (2 boxes)

SMALL GAMES

Cribbage board
w/pegs (3 EA)
Dice, box
Backgammon set
Playing cards
regular (3 doz)
pinochle (3 doz)
Scrabble (3 sets)
Monopoly (3 sets)
Chess Checker
travel set (3 sets)
Dominoes (3 sets)
Game chips (3 boxes)

Figure E-1

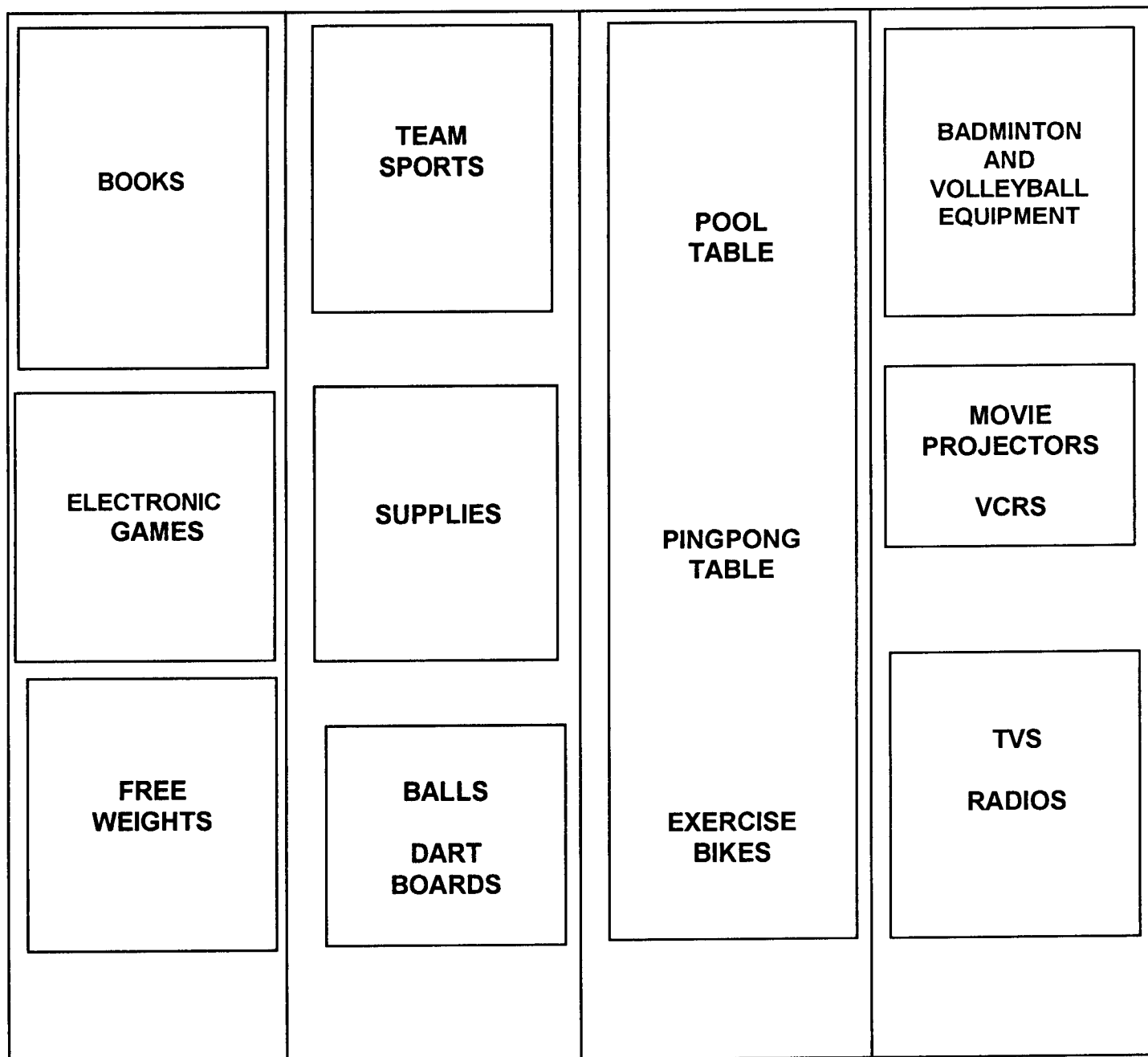
**BN/BDE MWR KIT
LOAD PLAN**

Figure E-2